











SEPTEMBER 2013 KINROSS/RUDYARD

SUN	MON	TUE	WED	THUR	FRI	SAT
	2 CLOSED FOR LABOR DAY HOLIDAY WEEKEND	3 SPAGHETTI W/ MEAT BALLS GREEN BEANS GARDEN SALAD APRICOTS GARLIC BREAD	4 BAKED CHICKEN MASHED POTATOES W/ GRAVY SQUASH CARROT CAKE	5 PIZZA BROCCOLI SALAD FRESH VEGGIES W/ DIP PEACHES	6 MEATLOAF AUGRATIN POTATOES BROCCOLI APRICOTS	
	9 BAKED HAM SWEET POTATOES BRUSSEL SPROUTS FRESH FRUIT SALAD	10 BBQ PORK SANDWICH SPUDSTERS CARROTS APPLE CRISP	11 BEEF STROGANOFF & NOODLES PEAS & CARROTS PEARS TOMATO JUICE	12 ROAST BEEF MASHED POTATOES SQUASH CHEESECAKE W/ 1/2 C FRUIT TOPPING	13 SOUP N SAND. CARROT/RAISIN SALAD SLICED APPLES ORANGE JUICE	
	16 CHILI WALDORF SALAD PEAS & CARROTS TROPICAL FRUIT	17 TERIAKI CHICKEN RICE PILAF BROCCOLI PEACH CRISP	18 SOUP N SAND. SPINACH SALAD APPLESAUCE BIRTHDAY CAKE	19 CABBAGE ROLL CASSEROLE BOILED POTATOES GREEN BEANS FRUIT WHIP	20 HAMBURGER W/ THE FIXINS BAKED BEANS POTATO WEDGES APRICOTS	
	23 BAKED CHICKEN OVEN POTATOES CALIFORNIA BLEND PEACHES	24 GOULASH SPINACH 3 BEAN SALAD APPLESAUCE CAKE	25 BRATS W/FRIED ONIONS BAKED BEANS POTATO SALAD FRUIT SALAD	26 HOT TURKEY SANDWICH MASHED POTATOES W/GRAVY NORMANDY BLEND PUMPKIN PIE	27 ROAST BEEF MASHED POTATOES SQUASH CHEESECAKE W/ 1/2 CUP FRUIT TOP- PING	
	30 CENTERS CLOSED FOR MANDATORY INSERVICE FOR ALL KITCHEN STAFF		SUGGESTED DONATION OF \$2.50 FOR SENIORS \$5.00 FOR GUESTS	THIS MONTHLY MENU MAY CHANGE DUE TO CIRCUMSTANCES OUT OF OUR CONTROL	MEAL IS SERVED AT 12:00 WITH BREAD AND MILK	

KINROSS SERVING: M-W-F 906 495-5381
RUDYARD SERVING: T-W-TH 906 478-5041